



REMINDER:

- Be safe this holiday season. To read the commander's holiday safety message, see page 3.
- If you are still looking for gift ideas this holiday season, give the gift of life. The TAMC Donor Center is located at 2A207 just off the main elevator on the 2nd floor. Please call the Donor Center at 433-6195 for more information or to make an appointment.

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Happy holidays from Bastion Hospital in Afghanistan



Pictured left, (front row, L-R): 1st Lt. Amanda Reed and Sgt. Damion Orris. (back row, L-R): Capt. Robbyn Everette, Lt. Col. Thomas Starkey, Capt. Joseph Michna, Sgt. Saudat Yanes, and Capt. Gina Mroszczak.

The Pacific Regional Medical Command Soldiers pictured left are assigned to the 10th Combat Support hospital out of Ft. Carson, Colorado. They serve in an 88 person detachment from the 10th CSH to Bastion Hospital, a United Nations coalition role 3 Hospital run by the United Kingdom. Bastion is currently manned by servicemen from Denmark, the United Kingdom, and the United States. Bastion is located at in Helmand Province, Afghanistan.

In total, there are currently 50 Soldiers deployed from PRMC. (Courtesy Photo)

USAGPAN graduation ceremony honors four

Story and Photo by
Stephanie Bryant
TAMC Public Affairs

The U.S. Army Graduate Program in Anesthesia Nursing celebrated four new graduates Dec. 9, here.

Maj. Darrell Evans, Capt. Kelly Gilkerson, Capt. Joseph Kellogg, and Capt. Steven McDonald received their diplomas in the TAMC Chapel.

The Tripler Phase 2 Anesthesia Program is tasked with the mission of training

nurse anesthetists to provide anesthesia in both peacetime and wartime scenarios.

Upon completion of the 18-month program, the graduates earned a Master of Science in Nursing Anesthesia degree from Northeastern University School of Nursing in Boston, Mass., and are now qualified to take the certification examination for Nurse Anesthetists.

Lt. Col. Bradley West, certified registered nurse anesthetists and the USAGPAN Director, gave opening re-

marks at the ceremony.

He congratulated the class on their hard work and reiterated his constant advice to "treat patients as family."

"Strive to teach tomorrow what you have learned today," West added.

West said that the USAGPAN affiliated with Northeastern University is ranked no. 1 in the nation for 2011 according to U.S. News and World Report's list of

See USAGPAN Page 4

Moanalua Elementary School reps meet command, visit patients



Moanalua Elementary School student council representatives visit Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and Tripler Army Medical Center, and Command Sgt. Maj. William Franklin, senior enlisted advisor, PRMC and TAMC, on Dec. 12, here. The students delivered Christmas decorations to the hospital from the school. After their presentation to the command, the students visited with staff and patients while distributing the decorations. (Photo by Stephanie Bryant, TAMC Public Affairs)

Chaplain's Thought of the Week

Chaplain (Col.) Sherman Baker
Command Chaplain, PRMC

"The Best Medicine is LOVE "

Reflection: A country doctor said, "I've been practicing medicine for over 30 years. During all those years I have prescribed many different things. But in the long run, I've learned that for most of what ails the human condition, the best medicine is love!" "But," asked a student, "what if it does not work?" "Double the dose," came the quick reply.

Many have said that love is the greatest medicine in the world. It can do more to heal the sick than most medicines. It is holding someone's hand, shedding a tear

with a broken heart, sitting quietly beside someone who is grieving.

Love is not an emotion that is based on a passing feeling. It comes from a compassionate heart that God has provided for us. Love is something that is born of God and given by God.

Love is a gift. Take it and let it grow.
Love is sign. Wear it and let it show.
Love is an act. Do it and let it go

Prayer: Our Heavenly Father, fill our hearts with your Love. May we all overcome selfishness by living lives of service to you and to one another we pray. Amen.



Chaplain ministry is available 24 hours a day. Patients desiring to see a Chaplain should call 433-5727 or ask your nurse to contact the Chaplain for you. After duty hours, a Chaplain may be contacted through the Information Desk at 433-6661. Chapels are located on D-Wing, 3rd floor.



PRINT TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, PACIFIC REGIONAL MEDICAL COMMAND
1 JARRETT WHITE ROAD
TRIPLER AMC, HAWAII 96859-3000

MCHK-SF 2 December 2011

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Holiday Safety Message

1. I would like to take this time to express my appreciation for your dedication and hard work throughout this past year. As we celebrate this holiday season, I ask that you be just as dedicated in making this a safe holiday season. Investing a little time now in thinking about safety can mean a more joyous holiday season for you and your family.

2. Many holiday mishaps can be avoided through diligence and implementing sound safety practices. Inspect electrical decorations for obvious defects such as exposed wires or cracked and damaged insulation. Do not overload electrical outlets or extension cords. Check the water level in fresh cut Christmas trees daily and keep flames or heat sources away from the tree or other flammable items. Remember to turn your tree lights off before leaving home or going to bed.

3. Oahu's new fireworks ordinance took effect January 2, 2011. Possession and use of consumer fireworks including fountains and sparklers is against the law. The exception is if you obtain a permit from the Honolulu Fire Department to use firecrackers this New Year's Eve. Information can be found at <http://www.honolulupd.org/community/fireworksinfo/index.htm>, the Honolulu Police Department web site.

1. Remember, DON'T DRINK AND DRIVE! There is no excuse for drunk driving. The Honolulu Police Department will have roadblocks throughout the holiday season to deter impaired driving. It is our standard and any expectation that each and every one of us has a plan if you're going out to party or to drink. First, you will need a battle buddy, by name. The responsibilities of the battle buddy are to take care of one another and ensure everyone gets home safe. Second, a sober Soldier or individual is appointed the designated driver: the designated driver doesn't drink. He/She cares for the team and watches out for all of the team so that the event is fun and eventful. As you attend one of the many social gatherings this holiday season, implement risk management and take responsibility for family members, fellow Soldiers, and yourself. Even if you are not drinking, the probability is that other drivers around you may have been drinking! So watch out for other drivers.

2. Throughout this holiday season, please make safety a priority. May you and your family have a Safe and Happy Holiday Season.

Keith W. Gallagher

KEITH W. GALLAGHER
Brigadier General, USA
Commanding

DISTRIBUTION: A

From page 1

“Best Graduate Nursing Anesthesia Programs.”

The class was allowed to pick a guest speaker for their ceremony and they asked Matthew Bishop, CRNA and Chairperson for the Hawaii State Board of Nursing.

Bishop encouraged the graduates to continue learning and improving their skills.

“Don’t be afraid to learn new skills,” said Bishop. “Most importantly, honor your profession.”

During the ceremony two special awards were presented.

The first presented was the Ira P. Gunn Distinguished Honor Graduate Award for Clinical Excellence. This award, which was presented to

Gilkerson, is special to the hospital because Gunn, who made numerous contributions to the preservation and advancement of nursing and nurse anesthesia, established Masters of Science in Nursing graduate program at Tripler in 1967.

The second award presented was the Normallynn Garret Exceptional Adjunct Faculty Award. Melvin Hill, CRNA, TAMC, received this award.

“Mr. Hill is an experienced provider with a strong clinical background,” said Kellogg. “He has a positive attitude and always tried to make everything a positive learning experience for all of us. Also, he allowed us to work independently so that our skills could flourish.”



The TAMC USAGPAN celebrated four new graduates Dec. 9 in the chapel. Pictured from left to right: Lt. Col. Bradley West, director, USAGPAN Phase II, TAMC; Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and TAMC; Matthew Bishop, CRNA and chairperson for the Hawaii State Board of Nursing; Capt. Kelly Gilkerson, graduate; Maj. Darrell Evans, graduate; Capt. Joseph Kellogg, graduate; Capt. Steven McDonald, graduate; Col. Glenda Lock, deputy commander, Nursing; Maj. Jeff Thompson, senior clinical instructor, USAGPAN, TAMC; and Elizabeth Kelly, assistant program director, USAGPAN, TAMC.

ish.”

At the end of the ceremony, West introduced a new tradition to Tripler’s anesthesia graduate program. He had a wooden staff engraved so that the

graduating class leader can hand it off to the incoming class leader.

The ceremony was followed by a reception on the chapel lanai.

DPW Sewer Line Project

The installation Directorate of Public Works will be repairing a main sewer line along Krukowski Road through April 3, 2012.

This is a major line which needs to be replaced from the warehouse entrance road down to the front gate area and there will only be one-way outbound only traffic along Kru-

kowski Road between 9 a.m.-3 p.m. Monday-Friday between the dates listed. Prior to 9 a.m. and after 3 p.m. normal traffic lanes will be open.

This line has been a problem for some time and it’s repair is required to prevent a major line failure.



TAMC Public Affairs

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Like us on **Facebook!**



Please send submissions for the TRIPLER 360 newsletter to TAMCPublicAffairsOffice@amedd.army.mil. All submissions must be received by Tuesday to be included in the Wednesday edition.

Keiki Winter Wonderland brings snowball fight to Tripler

Stephanie Bryant
TAMC Public Affairs

The Keiki Winter Wonderland took over the Tripler Army Medical Center track Dec. 10.

The event, which was a collaborative effort by Troop Command's Alpha, Bravo and Charlie Company Family Readiness Groups; Troop Command leadership and staff; the Sergeant Audie Murphy Club; and numerous volunteers, dominated the TAMC track from 10 a.m.-2 p.m.

The winter wonderland, which was free to attend, featured 14 tons of snow, carnival rides, bounce houses, an arts

and crafts tent, a children's train ride, a games tent, and, of course, Santa himself.

Despite the unpredictable rain showers, the atmosphere at the event was lively and Christmas music filled the air. Families were lined up for rides, crafts, games, food, and to have their picture taken with Santa. When attendees walked on the track field they could hear the laughter coming from the snow-covered hillside.

Janell Dugger, family member, whose husband, Staff Sgt. Askia Dugger, is currently serving with 2nd Battalion, 35 Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, in Afghani-



Keiki and family members receive a train ride at the Keiki Winter Wonderland Dec. 10, here. The train ride was just one of the many activities offered at the free event. (Photo by Soraya Robello, TAMC Visual Information)

stan, brought her two daughters, Kylynn, 3, and Nevaeh, 1, to the wonderland.

"It is always nice to be able to come to events that are organized just for the children," said Dugger. Dugger said even though her daughters weren't daring enough to brave the snowy hillside, they enjoyed the event and look forward to next year.

This annual event has been held inside the hospital the past few years, but the committee all agreed that they needed to take the wonderland outdoors.

A lot of fundraising and volunteer hours went into the planning of the event, said Staff Sgt. Casey Carr,

planning committee. She said, after all the hard work that everyone put forth, she is thrilled that it received such a great response from the attendees.

Capt. Marie Cabel, commander, Company A, Troop Command, couldn't be more proud of what the planning committee and volunteers accomplished.

"I am so honored and proud to be surrounded with such benevolent people who dedicated their time and energy to an event like this," said Cabel. "We received a lot of positive feedback from participants and staff."



Children and families play in the snow at the Keiki Winter Wonderland Dec. 10, here. About 14 tons of snow was brought in to create a snowy hillside for keiki and their families to play in. (Photo by Soraya Robello, TAMC Visual Information)

Tripler AMC NICU graduates reunite for holiday bash

Stephanie Bryant
TAMC Public Affairs

The 3rd Annual Neonatal Intensive Care Unit Christmas Party for the NICU graduates filled the hospital with holiday cheer Dec. 11, here.

The NICU at Tripler supports the entire Pacific region's Department of Defense beneficiaries, to include all branches of service.

This year over 180 graduates RSVPed to the event.

Nicole Tate, family member whose husband, Spc. Jonathan Tate, is assigned to 556 Signal Co, 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, brought her daughter Brooklyn, who is a Tripler NICU graduate and her older sister, Alexis, to the holiday party. She said she likes the idea of the holiday party.

"It is nice to see all the nurses who cared for my daughter again," said Tate. "Also, when you have spent a lot of time in the NICU, you meet other parents who are going through similar experiences and it is nice to be able to see them and catch up."

For the NICU nurses, the party is something they have come to look forward to all year.

"In a lot of ways the party is more for the NICU staff," said Patricia Wilhelm, nurse manager, NICU, TAMC. "They love being able to see the children they have cared for. To see how far they have come since they graduated the NICU is a special treat."

The event had live entertainment for all to enjoy.



Melanie Slocum, certified pharmacy tech, Out-Patient Pharmacy, TAMC, introduces her son, Michael, to Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and Tripler Army Medical Center, at the 3rd Annual Neonatal Intensive Care Unit Christmas Party Dec. 11, here. Michael was born Nov. 5 and spent 22 days in the NICU at TAMC. (Photo by Soraya Robello, TAMC Visual Information)

Kimo Kahoano, who is well known for being the master of ceremonies at the Merry Monarch festival and Hawaii Stars competition, volunteered to act as master of ceremonies for the holiday party, while Kamuela Kahoano, a Na Hoku Hano Hano Music Award Winner for 2011, volunteered his time to provide live music. Leilani Kapuhu-Marino, TAMC NICU RN, also shared a hula presentation.

Of course, no holiday party is complete without a visit from Santa Claus.

This year all of Santa's toys were donated from the efforts of Patti Frobe, whose husband, Maj. William Frobe, is assigned to Defense Information Systems Agency-Pacific. She set up collections points for gifts at Wheeler Army Airfield, DISA Pacific Headquar-

ters, and the Kaneohe Bay Marine Corps Base to give to the graduates as well as their siblings at the event.

"I was unsure of how to volunteer, but I knew I wanted too," said Frobe. "Someone at Army Community Services recommended the NICU Reunion to me and I tracked down Leona Bourcier, (who helped coordinate the event). After that, I just put boxes out and people just kept donating."

Frobe is happy that she dedicated her time to this event because it offers something that other programs don't.

"A lot of times when you donate, you don't get to see where it goes or ends up," Frobe said. "It is special to be a part of this and see all the children open their gifts."

Diabetes Tip: Keep eating habits consistent

Skipping meals, especially breakfast, could push your blood glucose higher. When you don't eat for several hours because of sleep or other reasons, your body fuels itself on glucose released from the liver. For many people with type 2 diabetes, the liver doesn't properly sense that the blood has ample glucose already, so it continues to pour out more. Eating something with a little carbohydrate signals the liver to stop sending glucose into the bloodstream and can tamp down high numbers.

Skipping meals can also lead to overeating, which can cause an increase in weight. If you take certain diabetes medications that stimulate the body's own insulin, such as common sulfonylureas, or you take insulin with injections or a pump, you risk having your blood glucose drop too low when you skip or delay meals.

For more information or questions, please contact (808) 433-2730.

Internal Medicine Clinic to provide sick call Active Duty Soldier Members same day appointments

The Internal Medicine Clinic's (IMC) mission is to provide the highest level of quality, comprehensive medical care to our empanelled patients delivered with an exceptional level of patient centered customer service.

In line with MEDCOM directive (OPORD 11-20), and the IMCs mission to facilitate continuity of care with the Primary Care Manager (PCM), all sick call Active Duty Soldier Members (ADSM) who are empanelled to IMC will be booked with their PCM or PCM's Team as of January 1st, 2012.

The IMC will provide same day appointments to all ADSMs who present to the clinic to take care of their acute

problems and get the ADSM back for duty as soon as possible. If the ADSM presents with a chronic problem, or for paperwork issues they will be given an appointment with their PCM at a later date so that IMC providers can attend to sicker, more acute patients during the sick call hour.

Our ADSMs deserve longitudinal care with their PCMs and we highly encourage all ADSMs to be familiar with their PCM to achieve a patient/soldier centered medical home.

The Internal Medicine Clinic hours are from Monday thru Friday, 7 a.m. - 8 p.m. For question, please contact Sgt. 1st Class Jeffrey Iliff at (808) 433-2557.

Navy Fleet Band woodwind quintet carols at TAMC



Tradewinds, the Navy Fleet Band woodwind quintet, honored TAMC with some holiday music Dec. 20. The quintet played a wide array of holiday music, to include 'Frosty the Snowman' and 'O' Little Town of Bethlehem,' at the Oceanside entrance and Mountainside lobby.

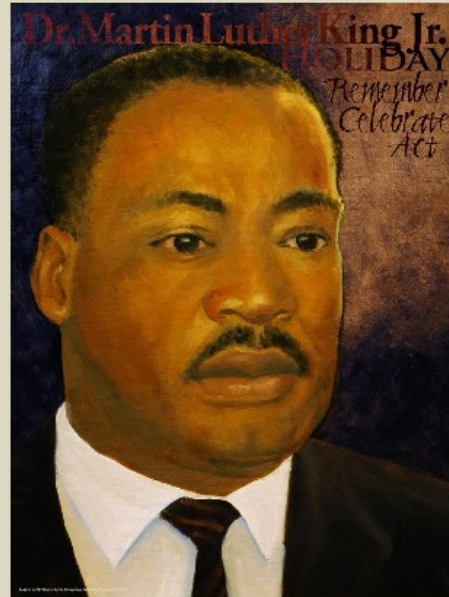
Pictured from left to right: Petty Officer 2nd Class Becky Leifeste, flute; Petty Officer 2nd Class Megan Petrocelli, oboe, Petty Officer 3rd Class Adam Meyer, french horn; Petty Officer 2nd Class Hu Li, bassoon; and Petty Officer 3rd Class Megan Heber, clarinet. (Photo by Stephanie Bryant, TAMC Public Affairs)

TAMC Presents

The January 2012 Observation Of
Dr. Martin Luther King



Held At The Kyser Auditorium
11 January 2012
1300 Hours



NEW HOURS at the Anuenue Café



MONDAY-FRIDAY STARTING NOVEMBER 7th

Breakfast

Self Serve: 0600-0930

Grill: 0600-0815

Grab and Go: 0700-1030

Lunch

Grill: 1100-1300

Main line: 1100-1330

Self Serve: 1100-1430

Grab and Go: 1100-1300

Dinner

Main line: 1600-1730

Grab and Go: 1730-2230

Night meal: 2230-0200

Holiday Services Tripler Army Medical Center

Immaculate Conception Mass (Holy Day)

08 Dec 0700 & 1200 hrs

Christmas Eve Mass

24 Dec 1700 hrs

Protestant Christmas Eve Candle Light Service

24 Dec 1900 hrs

Protestant Service

25 Dec 0900 hrs

Christmas Day Mass

25 Dec 1100 hrs

New Year's Day Mass

1 Jan 1100 hrs

Department of Ministry and Pastoral Care
3rd Floor D Wing, 433-5727

**WE NEED
YOUR
BLOOD
TYPE...**

Please Donate!

Tripler Blood Donor Center
Oceanside 2nd floor
Room 2A207
433 - 6148

Donate Blood
A SIMPLE GIFT
ASBP
army blood service
militaryblood.dod.mil



Sponsored by the 205th MI BN Coffee Group

Formal events are in the near future for many teens on the island and each teen deserves to feel like a princess!

Donate your ready to be worn dress, shoes and accessories.

Drop off deadline will be Jan. 25, 2012

All dresses and accessories will then be sold for rock bottom prices!

Dresses—\$20
Accessories—\$5

**DONATE LAST YEAR'S
BALL OR
PROM DRESS**

**Worn it?
Then Give it!**

**Proceeds to Benefit
FISHER HOUSE**

Event Date:
January 28th
2117A Eluene Street
Honolulu, HI 96819
Current Drop off points:
Fisher House

If you'd like to get involved or have any questions, contact Jessica Bode at jessicabode@yahoo.com or 210-862-1055.



**iWATCH
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REPORT **i KEEP US SAFE**

When the Threat of Terrorist Activity Is Real—


**Leaders Make a
Difference**

Army leaders, do you know:

- Your role and responsibility?
- Your unit's responsibility?
- What to tell your soldiers, DA civilians and families?
- What individuals can do to prevent terrorist acts?
- How to report suspicious activity or behavior?
- The indicators of high-risk behavior?
- Where you can find antiterrorism information?

Always Ready, Always Alert
Because someone is depending on you

<https://www.us.army.mil/suite/page/605757>



Volunteers Needed

I am on active duty status or a DOD beneficiary.
I am 18 – 65 years old.
I am overweight.
I am able to exercise on a stationary bicycle.

If this describes you, you may be right for our new exercise study conducted at Tripler AMC!

Purpose of the Study

- To examine the effects of exercising while playing interactive video games versus exercising while watching television.

Length of Participation

- The exercise phase of the program is 4 months.

What is involved?

- We will do assessments (measurements and questionnaires) at the beginning, middle, and end of the 4-month period.
- The number of times you choose to exercise on the stationary bicycle during the 4 months is up to you.

Benefits

- Exercise while playing video games or watching television in a small, supervised environment.
- Research staff will show you how to use the equipment, track your progress, and stock your favorite video games.

Principal Investigator: MAJ Melba C. Stetz, Department of Psychology

Call 433-1651 for more information

Hickam Family Health Clinic Active Duty Acute Care

Beginning Jan. 1, 2012 the 15th Medical Group at Joint Base Pearl Harbor Hickam will institute a new active duty appointment program, replacing the walk-in system known as Sick Call.

As of Jan. 1, 2012, walk-in services will cease in the Family Health Clinic. All Active Duty Sick Call in the Family Health Clinic will be by appointment only. Please call 448-6000 between hours of 7:15-8 a.m. to schedule a sick call appointment. Closure of walk-in Sick Call ensures that active duty members will no longer have to wait in the clinic to receive an appointment.

Service members who feel they are too sick to call for an appointment or feel their illness is an emergency can seek medical attention at Tripler Army Medical Center's Emergency Department.

Active Duty supervisors: Prior to having your Airmen seek medical attention, supervisors can exercise the option of allowing personnel to stay home for up to 24 hours. In accordance with AFI 41-210, *Patient Administrative Functions*, Paragraph 3.6.4 states that, "Unit commanders and supervisors have the authority to grant up to 24 hours of sick status at their discretion if a member's illness/injury does not require medical treatment facility intervention. If the illness/injury persists beyond 24 hours, then the commander or supervisor must refer the member to the MTF for treatment and subsequent quarters authorization." Some examples of non-emergent illnesses for adults are colds, cough, stomach ache, or nausea and vomiting for less than 24 hours.

The 15th Medical Group at Joint Base Pearl Harbor Hickam is committed to delivering the ultimate health care experience. Please partner with us to manage your health care needs.